

# EXHIBIT F



My Pay



LIFESPIRE - BI-WEEKLY PAYROLL REGULAR 12/17/2021

## Pay Statement Preview



This pay statement has been finalized.

#403152 - Saundra C. McEachern LifeSpire/40/58/HC/CNA				Voucher #(47056)		Pay Date: 12/17/2021			
						Pay Period: 11/28/2021-12/11/2021			
Earnings						Taxes Withheld			
	Rate	Hours	Current	YTD	Taxable	Taxable YTD	Current	YTD	
Bonus			500.00	3,205.00	FIT	2,821.96	37,773.28	242.37	2,141.70
CNAHol1				39.69	SocSec	2,927.16	39,211.74	181.49	2,431.13
CNAHol3				355.20	MCR	2,927.16	39,211.74	42.44	568.57
CNAReg1	15.12	2.25	34.02	3,005.42	SIT:VA	2,821.96	37,773.28	136.24	1,523.11
CNAReg2	16.12	25.50	411.06	1,689.66	<b>Total</b>		<b>602.54</b>	<b>6,664.51</b>	
CNAReg3	16.12	45.50	733.46	15,527.53					
CNAWe1				931.20					
CNAWe2	17.12	6.75	115.56	1,622.80	<b>Net Pay</b>		<b>2,217.57</b>	<b>31,757.85</b>	
CNAWe3				5,269.63	Navy Federal (4081)		0.00	3,400.00	
OT Prem	9.91		168.48	2,495.64	Checking (4536)		0.00	16,791.62	
OT Prem	10.41		291.51		Navy Federal Credit Union (		2,217.57	11,566.23	
Overtime	15.12	1.50	22.68	4,707.33					
Overtime	16.12	15.75	253.89						
Overtime	17.12	27.75	475.08						
PTO				2,249.10					
<b>Gross Pay</b>			<b>3,005.74</b>	<b>41,098.20</b>	<b>Company Paid Benefits</b>				
Hours Worked		125.00					<b>Current</b>	<b>YTD</b>	
Hours Paid		125.00			125Medical		263.08	6,184.14	
<b>Deductions</b>					403bContr		105.20	1,337.23	
			<b>Current</b>	<b>YTD</b>	Er Basic Life PreTax		2.14	51.12	
125Dental			13.86	355.14	Er HSA Match		20.00	480.00	
125Medical			44.72	1,051.32	SocSec		181.49	2,431.13	
403bContr			105.20	1,438.46	MCR		42.44	568.57	
HSAContr			20.00	480.00	SUTA:VA				
OpLifeIns			1.85	44.40	<b>Total</b>		<b>614.35</b>	<b>11,052.19</b>	
Reimbursement (Negative Ded)				-693.48					
<b>Total</b>			<b>185.63</b>	<b>2,675.84</b>					

- 1 Reduces your Federal Withholding, OASDI & Medicare Taxable Wage  
 2 Reduces your Federal Withholding Taxable Wage  
 3 For information purposes only. No effect on your net pay.

LifeSpire of Virginia 3961 Stillman Parkway, Glen Allen, VA 23060

1 of 1

**LifeSpire of Virginia**  
 3961 Stillman Parkway  
 Glen Allen, VA 23060

**Pay Date:** 12/17/2021  
**Voucher #:** (47056)

Deposited To The Account(s) Of	Deposit #	Account Type	Account #	Transit ABA	Deposit
Saundra C. McEachern	1	Checking	XXXXXX4081	256074974	2,217.57

LifeSpire/40/58/HC/CNA 403152 12/17/2021 (47056)  
**Saundra C. McEachern**  
 2372 Woodhurst Road  
 Henrico, VA 23238

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1  
**LifeSpire of Virginia**  
 3961 Stillman Parkway  
 Glen Allen, VA 23060

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LIFESPIRE - BI-WEEKLY PAYROLL REGULAR 01/14/2022

Pay Statement Preview



This pay statement has been finalized.

#403152 - Sandra C. McEachern		Voucher #50064		Pay Date: 01/14/2022	
LifeSpire/40/58/HC/CNA				Pay Period: 12/26/2021-01/08/2022	
<b>Earnings</b>				<b>Net Pay</b>	
	Rate	Hours	Current	YTD	
Sinterim			75.00	75.00	1,337.37
Bonus			186.25	186.25	1,337.37
CNAHoW	27.25	0.50	13.63	13.63	
CNAHoW	28.25	7.00	197.75	197.75	
CNAReg1	17.50	3.75	65.64	65.64	
CNAReg2	18.50	0.25	4.63	4.63	
CNAReg3	18.50	37.00	684.50	684.50	
CNAWe1	18.50	1.25	23.13	23.13	
CNAWe2	19.50	11.50	224.25	224.25	
CNAWe3	19.50	15.25	297.38	297.38	
Gross Pay			1,772.16	1,772.16	
Hours Worked		76.50			
Hours Paid		76.50			
<b>Deductions</b>				<b>Company Paid Benefits</b>	
			Current	YTD	
125Dental			13.86	13.86	
125Medical			44.72	44.72	
403bContr			62.03	62.03	
HSAContr			20.00	20.00	
OpLifeIns			1.85	1.85	
Total			142.46	142.46	
<b>Taxes Withheld</b>				<b>Total</b>	
	Taxable	Taxable YTD	Current	YTD	
FTT	1,631.55	1,631.55	94.98	94.98	
SocSec	1,693.58	1,693.58	105.00	105.00	
MCR	1,693.58	1,693.58	24.56	24.56	
SIT-VA	1,631.55	1,631.55	67.79	67.79	
Total			292.33	292.33	

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LifeSpire of Virginia  
3961 Stillman Parkway  
Glen Allen, VA 23060

Pay Date: 01/14/2022

Voucher #: 50064

Deposited To The Account(s) Of

Deposit # Account Type Account # Transit ABA Deposit

Sandra C. McEachern 1 Checking XXXXXX4081 256074974 1,337.37

LifeSpire/40/58/HC/CNA 403152 01/14/2022 (50064)

Sandra C. McEachern  
2372 Woodhurst Road  
Henrico, VA 23238

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1 LifeSpire of Virginia  
3961 Stillman Parkway  
Glen Allen, VA 23060

LifeSpire/40/58/HC/CNA 403152  
01/14/2022 (50064)  
Sandra C. McEachern  
2372 Woodhurst Road  
Henrico, VA 23238

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LIFESPIRE - BI-WEEKLY PAYROLL REGULAR 12/31/2021

## Pay Statement Preview



This pay statement has been finalized.

#403152 - Saundra C. McEachern LifeSpire/40/58/HC/CNA				Voucher #(48065)		Pay Date: 12/31/2021 Pay Period: 12/12/2021-12/25/2021		
Earnings					Taxes Withheld			
	Rate	Hours	Current	YTD	Taxable	Taxable YTD	Current	YTD
Bonus			125.00	3,330.00	FIT	1,742.75	39,516.03	111.44 2,253.14
CNAHol1				39.69	SocSec	1,805.96	41,017.70	111.97 2,543.14
CNAHol3				355.20	MCR	1,805.96	41,017.70	26.19 594.76
CNAHolW	27.25	0.50	13.63	13.63	SIT:VA	1,742.75	39,516.03	74.18 1,597.29
CNAHolW	28.25	6.50	183.63	183.63	Total		323.78	6,988.29
CNAHolW	28.25	7.50	211.88	211.88	Net Pay		1,418.97	33,176.82
CNAReg1	17.50	3.00	52.51	3,057.93	Navy Federal (4081)		0.00	3,400.00
CNAReg2	18.50	0.25	4.63	1,694.29	Checking (4536)		0.00	16,791.62
CNAReg3	18.50	37.50	693.75	16,221.28	Navy Federal Credit Union		1,418.97	12,985.20
CNAWe1	18.50	0.75	13.88	945.08	Company Paid Benefits			
CNAWe2	19.50	5.75	112.13	1,734.93			Current	YTD
CNAWe3	19.50	9.00	175.50	5,445.13	125Medical			6,184.14
OT Prem	9.89		74.17	2,569.81	403bContr		63.21	1,400.44
Overtime	18.50	1.00	18.50	4,852.58	Er Basic Life PreTax			51.12
Overtime	19.50	6.50	126.75	2,249.10	Er HSA Match			480.00
PTO				2,249.10	SocSec		111.97	2,543.10
Gross Pay			1,805.96	42,904.16	MCR		26.19	594.76
Hours Worked		78.25			SUTA:VA			
Hours Paid		78.25			Total		201.37	11,253.56
Deductions								
			Current	YTD				
125Dental				355.14				
125Medical				1,051.32				
403bContr			63.21	1,501.67				
HSAContr				480.00				
OpLifeIns				44.40				
Reimbursement (Negative Ded)				-693.48				
Total			63.21	2,739.05				

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LifeSpire of Virginia 3961 Stillman Parkway, Glen Allen, VA 23060

1 of 1

**LifeSpire of Virginia**  
 3961 Stillman Parkway  
 Glen Allen, VA 23060

Pay Date:	12/31/2021
Voucher #:	(48065)

Deposited To The Account(s) Of	Deposit #	Account Type	Account #	Transit ABA	Deposit
Saundra C. McEachern	1	Checking	XXXXXX4081	256074974	1,418.97
LifeSpire/40/58/HC/CNA 403152 12/31/2021 (48065)					
<b>Saundra C. McEachern</b>					
2372 Woodhurst Road					
Henrico, VA 23238					

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